



MILD COGNITIVE IMPAIRMENT (MCI)

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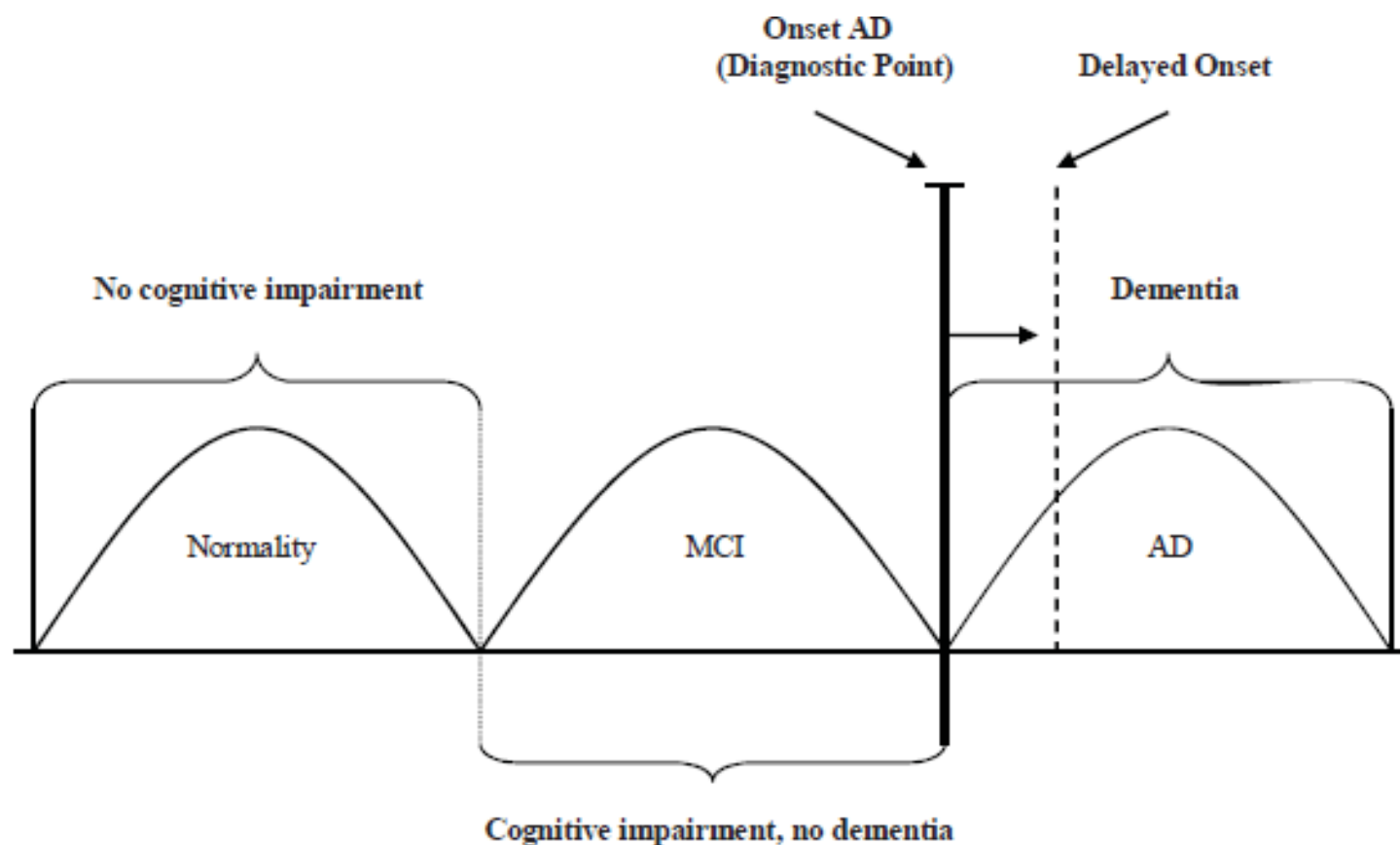
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Mild NCD-MCI-DSM 5

- There is evidence of **modest** cognitive decline from a previous level of performance in one or more of the domains
- The cognitive deficits are insufficient to interfere with independence

- **You have problems with memory or another mental function.** You may have problems with your memory, planning, following instructions or making decisions. Your own impressions should be corroborated by someone close to you.
- **You've declined over time.** A careful medical history reveals that your ability has declined from a higher level. This change ideally is confirmed by a family member or a close friend.

- **Your overall mental function and daily activities aren't affected.** Your medical history shows that your overall abilities and daily activities generally aren't impaired, although specific symptoms may cause worry and inconvenience.
- **Mental status testing shows a mild level of impairment for your age and education level.** Doctors often assess mental performance with a brief test such as the Mini-Mental State Examination (MMSE). More-detailed neuropsychological testing may shed additional light on the degree of memory impairment, which types of memory are most affected and whether other mental skills also are impaired.
- **Your diagnosis isn't dementia.** The problems that you describe and that your doctor documents through corroborating reports, your medical history or mental status testing aren't severe enough to be diagnosed as Alzheimer's disease or another type of dementia.

MCI

- You forget things more often.
- You forget important events such as appointments or social engagements.
- You feel increasingly overwhelmed by making decisions, planning steps to accomplish a task or interpreting instructions.

MCI (con.)

- You start to have trouble finding your way around familiar environments.
- You become more impulsive or show increasingly poor judgment.
- Your family and friends notice any of these changes.

- 15 to 40% of patients with MCI can revert to normal cognitive state with life style modification.
 - Save Your Brain

- MCI may increase your risk of later progressing to dementia 12% per year.

Benefits of having AD

- You never have to watch 'reruns' on TV
- You are always meeting 'new' people
- You don't have to 'remember' whines of your spouse
- You can 'hide' your own Easter eggs

RISK FACTORS FOR AD

- 1. Life style
- 2. Chronic unmanaged medical conditions
- 3. Medications

Risk Factors -Established

- Family history
- Down's Syndrome
- APOE-E4 (whites)
- A. fibrillation



1 IN 3

CASES OF DEMENTIA COULD
BE PREVENTED BY
ADDRESSING THESE
LIFESTYLE FACTORS

DEMENTIA RISK REDUCTION

35% of dementia risk factors are potentially modifiable. These include:



Mid-life hearing loss - 9%



Failing to complete secondary education - 8%



Smoking - 5%



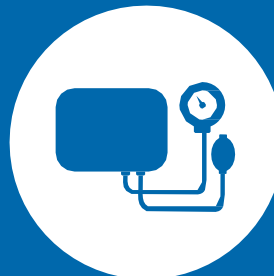
Failing to seek early treatment for depression - 4%



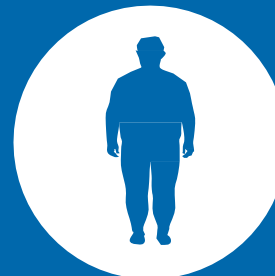
Physical inactivity - 3%



Social isolation - 2%



High blood pressure - 2%



Obesity - 1%



Type 2 Diabetes - 1%

Life- long risk reduction could cut dementia by a third

- Mid-life hearing loss - responsible for 9% of the risk
- Failing to complete secondary education - 8%
- Smoking - 5%
- Failing to seek early treatment for depression - 4%
- Physical inactivity - 3%
- Social isolation - 2%
- High blood pressure - 2%
- Obesity - 1%
- Type 2 diabetes - 1%




Early dementia check

Do you have recent :

- Lost of sense of smell
- Balance issue
- Driving difficulty
- Trouble hearing

ACETYL CHOLINE (ACH) IS
REQUIRED FOR MEMORY

Neurotransmitters

-  **Acetylcholine (Ach)**
-  Serotonin (5 HT)
-  Glutamate

ANTICHOLINERGIC MEDICATIONS ARE BAD NEWS FOR MEMORY

REMOVE OFFENDING
ANTICHOLINERGIC AGENTS

Popular OTC -anticholinergic

- Advil PM (pain and sleep)
- Benadryl (for allergies)
- Dramamine (for motion sickness)
- Excedrin PM (for pain and insomnia)
- Pepcid AC (acid reflux)
- Sominex (for insomnia)
- Tagamet (acid reflux)
- Tylenol PM (for pain and insomnia)

The most common anticholinergic classes

- tricyclic antidepressants
- first-generation antihistamines
- bladder antimuscarinics

The most common drugs

doxepin

chlorpheniramine

oxybutynin

<http://www.pharmacytimes.com/contributor/timothy-o-shea/2015/02/frequently-prescribed-medications-linked-to-increased-dementia-risk>

Drugs That May Cause Memory Loss

Antianxiety drugs

Narcotic painkillers

Sleeping aids

Incontinence drugs

Antihistamines

Cholesterol drugs

Antidepressant drugs

TCA

TABLE: DRUGS WITH MODERATE TO STRONG ANTICHOLINERGIC EFFECTS**Tricyclic Antidepressants**

Amitriptyline (Elavil)
Amoxapine (Asendin)
Clomipramine (Anafranil)
Desipramine (Norpramin)
Doxepin (Sinequan)
Imipramine (Tofranil)
Nortriptyline (Aventyl)
Protriptyline (Vivactil)
Trimipramine (Surmontil)

Antiemetics

Cyclizine (Marezine)
Dimenhydrinate (Dramamine)
Meclizine (Antivert)
Prochlorperazine (Compazine)
Scopolamine (Transderm Scop)

Antihistamines

Azatadine (Optimine)
Azelastine (Astelin)
Brompheniramine (Dimetapp)
Chlorpheniramine (Chlor-Trimeton)
Clemastine (Tavist)
Dexchlorpheniramine (Polaramine)
Hydroxyzine (Atarax)
Triprolidine (Actidil)

Anti-Parkinson Drugs

Benzotropine (Cogentin)
Biperiden (Akineton)
Procyclidine (Kemadrin)
Trihexyphenidyl (Artane)

Antipsychotics

Chlorpromazine (Thorazine)
Clozapine (Clozaril)
Olanzapine (Zyprexa)
Quetiapine (Seroquel)
Thioridazine (Mellaril)
Trifluoperazine (Stelazine)

Antispasmodics

Atropine (Donnatal)
Dicyclomine (Bentyl)
Clidinium (Quarzan)
Darifenacin (Enablex)
Fesoterodine (Toviaz)
Flavoxate (Urizpas)
Glycopyrrolate (Robinul)
Hyoscyamine (Anaspaz)
Methscopolamine (Pamine)
Oxybutynin (Ditropan)
Propantheline (Pro-Banthine)
Solifenacin (Vesicare)
Tolterodine (Detrol)
Trospium (Sanctura)

Miscellaneous

Cyclobenzaprine (Flexaril)
Disopyramide (Norpac)
Methocarbamol (Robaxin)
Orphenadrine (Norflex)

Drugs

- Regularly review medications and supplements
- Manage medications that could affect cognition
- Do frequent medication reconciliation

BRAIN WELLNESS

DEMENTIA RISK REDUCTION



YOU CAN REDUCE YOUR RISK
OF DEMENTIA BY UP TO
70%

**Take a quiz to find out
what you can do to reduce
your risk of dementia**

idph.iowa.gov/Save-Your-Brain

SAVE YOUR BRAIN

PRESERVE YOUR MEMORY AND THINKING SKILLS

EAT WELL



Berries -
like blueberries
& strawberries



Leafy greens - like
spinach & kale



Fish - especially
salmon & fresh tuna

GET MOVING



Aerobic
exercise



Resistance
training



Balance and
flexibility training

STAY SHARP



Read a Book -
& discuss with others



Learn something new -
like an instrument or
language

BE SOCIAL



Talk to people you
can rely on



Establish a circle of friends